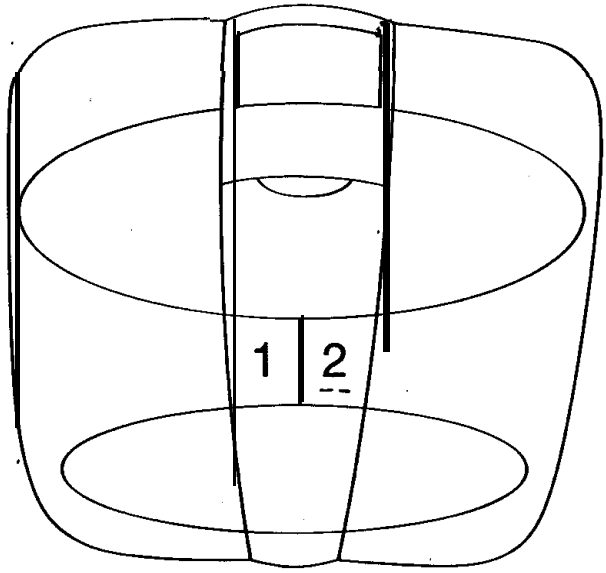
Health o meter

Model BFM950

Professional Body Fat Monitor and Scale

User's Manual



PLEASE READ CAREFULLY AND SAVE

This manual contains important information about this product's operation. If you have purchased this product for use by others you must leave this manual – or a copy – with the end user.

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If service is required, do not return to place of purchase.

For service, call 1-800-672-5625; 7:30-5:30 p.m. Eastern Standard Time, Monday through Friday.

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Introduction

The US Surgeon General estimates that one-fourth of adult Americans are overweight. Obesity (having an abnormally high proportion of body fat) is a known risk factor for such health hazards as heart disease, diabetes, high blood pressure, stroke and some forms of cancer. In the U.S. alone, &proximately 280,000 adult deaths are attributed to obesity!

The Health o meter® Professional Body Fat Monitor and Scale can help you in achieving your physical best by providing two critical measurement estimates: BODY FAT COMPOSITION and BODY WEIGHT.

INDICATIONS FOR USE: The Health o meter® Professional Body Fat Monitor and Scale is intended for the estimation of percent body fat and body weight.

Body Fat Composition: What Does It Mean?

Simply speaking, your body is made up of lean mass and fat mass. Lean mass consists of muscle, bones, organs, etc. Fat mass is body fat. While everyone needs a certain amount of fat to assist the body in storing energy, providing heat insulation and other functions, most people will find they are at their most fit when they increase their lean mass and decrease their fat mass.

While standard scales are useful in providing a measurement of overall weight, they do not calculate the percentage of fat within the body. However, the Health o meter® Professional Body Fat Monitor and Scale allows the user to monitor both of these important health factors.

Body Fat Composition: How Is It Estimated?

The Health o meter Professional Body Fat Monitor and Scale uses a technique called Bioelectric Impedance Analysis (BIA). A harmless amount of bioelectrlc current is sent from the footpads through the body. The current travels at different speeds through lean and fat body masses. The Health o meter® Professional Body Fat Monitor and Scale's microprocessor analyzes the degree of impedance, or transmission speed.

Taking into consideration the user's height, age, gender and weight, the Professional Body Fat Monitor and Scale calculates the composition of the body. The percentage of the body that is composed of fat is displayed on the monitor -"body fat percentage."

BODY FAT COMPOSITION RANGES

MEN

Age	Excellent	Good	Moderate	Overweight	Obese
119	12.0	12.1 to17.0	17.1 to22.0	22.1 to27.0	>27.1
20-29	13.0	13.1 to 18.0	18.1 to.23.0	23.1 to 28.0	>28.1
30-39	14.0	14.1 to 19.0	19.1 to 24.0	24.1 to 29.0	>29.1
40-49	15.0	15.1 to20.0	20.1 to 25.0	25.1 to30.0	>30.1
≥50	16.0	16.1 to21.5	21.1 to26.0	26.1 to31.0	>31.1

WOMEN

Age	Excellent	Good	Moderate	Overweight	Obese
≤19	17.0	17.1 to 22.0	12.1 to 27.0	27.1 to 32.0	>32.1
20-29	18.0	18.1 to 23.0	23.1 to 28.0	28.1 to 33.0	>33.1
30-39	19.0	19.1 to 24.0	24.1 to 29.0	29.1 to 34.0	>34.1
40-49	20.0	20.1 to 25.0	25.1 to 30.0	30.1 to 35.0	>35.1
≥50	21.0	21.1 to 26.5	26.1 to 31.0	31.1 to 36.0	>36.1

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IMPORTANT!

Please read all instructions to familiarize yourself with features and operations before programming the scale.

ACAUTION!

Use of this scale is not recommended for persons with an electric implant (heart pacemaker) or other internal medical device.

Body fat percentages may be slightly higher or lower for pregnant women, children under 16, persons with fever, persons with swollen legs, persons with diabetes and other health conditions.

Scale will not calculate body fat unless you have bare feet.

For an accurate body fat estimate, do not bend your knees, and keep your legs/thighs apart and straight when standing on the scale.

POWER SUPPLY

The Professional Body Fat Monitor and Scale requires (1) 9V battery for operation. Locate the battery cover on the back of the scale and insert a 9V battery as indicated.

If a "L" appears in the display, replace the battery.

Operating Instructions

Scale Programming

The Professional Body Fat Monitor and Scale can be programmed to calculate the body fat composition of up to two different users. A few steps must be followed to input the user's height, age and gender. Once the information is configured, it will only need to be reentered if there is a change to the data.

Unit of Measurement

First, make sure the Professional Body Fat Monitor and Scale is in the "standby" mode. When it is in standby, the LCD display should be blank. If the LCD is not blank, simply wait several seconds without touching or moving the Professional Body Fat Monitor and Scale and the display will automatically shut off. On the back of the scale platform, set the unit of measurement to "lb" or "kg."

First Time Programming Instructions

Lift the display cover to reveal the keypad.

User Number: Push the "SET" button. "1" & "2" indicators will appear. Toggle between user 1 and 2 by pressing the user button. When the correct user number is blinking press SET.

Height: "Height" will begin to flash on the display. Using the UP and DOWN buttons, continue until the correct height is displayed. Press Age.

Age: "Age" will begin to flash on the display. Using the UP and DOWN buttons, continue until the correct age is displayed. Press SET,

Gender: Male and Female images will begin to flash on the display. Toggle between the symbols by pressing the GENDER button until the correct symbol appears. Press SET.

Your correct user ID, height, gender and age will be displayed. Your user profile has been successfully entered. You are now ready to start achieving your fitness goals by monitoring your weight and body fat composition. Read on for easy operating instructions.

INSTRUCTIONS FOR WEIGHT READING:

1. Place the scale on a flat, level surface. A hard surface is best for maximum accuracy. Placing the scale on a soft, surface, such as a deep pile rug, may affect weighing accuracy.
2. Tap the scale on the lower left or right corner of the platform to activate.
3. 888.8 will flash on the display until 000.0 is displayed.
4. Step on the scale and stand still to weigh. 000.0 will blink until your correct weight is locked in and displayed.
5. Step off the scale and the scale turns off automatically.

NOTE: Stepping on the scale before 000.0 appears will cause "E" (error signal). If "E" does appear, step off the scale and start again.

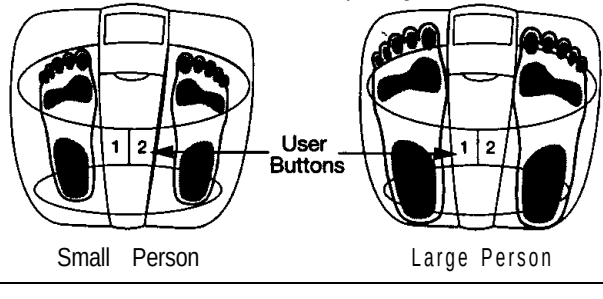
NOTE: It is not necessary to have the user's personal data programmed into the scale to obtain an accurate weight-only reading.

NOTE: For accurate fat estimates, always measure in bare feet.

NOTE: It is normal for your weight to vary during a day and from one day to another, slight changes in weight are generally normal.

INSTRUCTIONS FOR BODY FAT ESTIMATION:

1. Make sure you have programmed your personal data.
2. Place the scale on a flat, level surface. A hard surface is best for maximum accuracy. Placing the scale on a soft surface, such as a deep pile rug, may affect weighing accuracy.
3. Use your toe to tap your personal user number. Your personal data will appear on the display.
4. Wait until 000.0 appears on the display.
5. Step on the scale making sure that your toes and heels are correctly positioned on the footpads.



6. “000” will blink and your weight will appear on the display for approximately 3 seconds.
7 “BF” will flash and your body fat % will appear on the display.
8. The scale will turn off automatically after a couple of seconds.

NOTE: For accurate body fat measurement estimates always measure in bare feet.

Educational Materials

How Does My Professional Body Fat Monitor and Scale Work?

Your new Professional Body Fat Monitor and Scale works on a principal called “BIA” or bioelectrical impedance analysis. The scale sends a low-level electric current through your body (you won’t feel a thing!). While the current travels easily through lean muscle, it must work harder to pass through fat. The harder the current works, the higher “impedance value” it produces. To put it simply, the scale plugs the impedance value into an equation along with your sex, age, height and weight to calculate body fat %.

BIA values can be affected by hydration, food and liquid consumption, recent exercise, and time of day, so it’s important to track your progress regularly. And don’t worry about short-term fluctuations – the goal is long-term fitness and health!

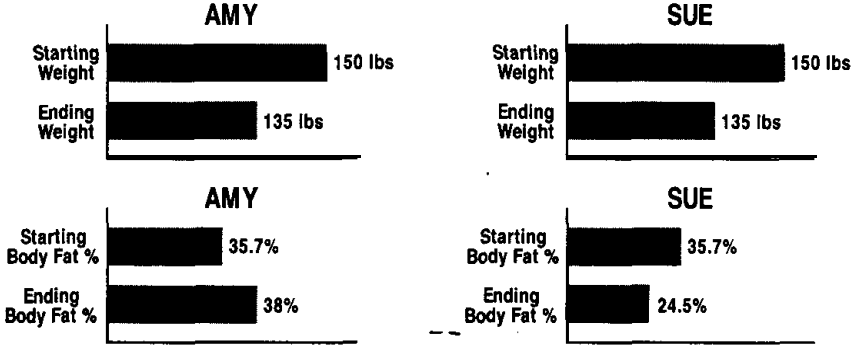
Helpful Monitoring Tips:

- Stick with your scale. Avoid weighing yourself on health club scales or other scales, since measurements can vary among devices.
- Try to measure yourself at the same time of day, like first thing in the morning.
- Don’t eat or exercise for two hours before you get on the scale.
- Don’t get upset by short-term weight gains or plateaus. Remember, the goal is long-term fitness.
- Once you reach your desired weight and body fat %, use your body fat scale once a week to maintain a healthy lifestyle.

Monitoring Body Fat Promotes Healthy Weight Loss!

Amy and Sue are both 5'4" and weigh 150 pounds. Each has a starting body fat % of 35.75%. To get fit, Amy cut calories and tried a "fat-free" diet. Sue reduced her calorie intake, but added regular aerobic exercise and strength training.

At the end of eight weeks, each woman lost 15 pounds. What's the difference? As you can see from the chart, Amy actually got "fatter," gaining body fat. Sue lost weight and decreased her body fat.



Losing weight alone does not mean getting fit!

NOTE: The materials in this brochure are not intended to replace advice from your doctor or fitness professional. Please consult with your physician before beginning any fitness program or fat or weight reduction program. Individual weight loss will vary. Health o meter takes no responsibility for individual results, or any claim made by a third party.

Keep Moving!

You don't need a health club membership or pricey exercise equipment to get in shape. The key is to keep moving. Find an activity you love, whether it's walking, swimming, cycling, or aerobics, and stick with it. Start slowly, then build up to 30-60 minutes of aerobic activity three to four days a week. Regular exercise helps improve circulation, relieve stress, increase metabolism, improve posture, increase energy and trim and tone your entire body!

Best of all, the more you exercise, the more fat you burn! That's right. Muscles burn fat while you're working out and while you're at rest. The more lean muscle mass you build, the easier it becomes to maintain a healthy percentage of body fat and that's important. Did you know that the average person loses I/2 pound of muscle and gains 1-1/2 pounds of fat a year as part of the natural aging process? Building and maintaining healthy muscles is very important to life-long fitness.

Aerobic Exercise or Cardiovascular Training raises your heart rate, strengthening your heart and lungs while you burn calories. Cardiovascular exercises include cycling, swimming, power walking or running, and aerobic classes. To be effective, you must reach and stay within your "target heart rate," defined as 50-70% of your maximum heart rate.

To calculate your maximum heart rate, subtract your age from 220. To determine your target heart rate, multiply your maximum heart rate by 50-70%. If you raise your heart rate above your target range, you will still get an aerobic benefit, but you will not burn fat.

Examples:

Age	Maximum Heart Rate	Target Heart Rate
25	220-25 = 195	97.5-l 36. 5
30	220-30 = 190	95.0-133.0
35	220-35 = 185	92.5-129.5
40	220-40 = 180	90.0-l 26.0
45	220-45 = 175	87.5-l 22.5

The American Heart Association recommends 30-60 minutes of aerobic exercise three to four times a week to promote cardiovascular fitness.

Resistance or Strength Training firms the body and tones the muscles. While these exercises, which include weight lifting, sit-ups, and toning, do not directly burn fat, they do build muscle. The more lean muscle you have, the more easily your body can burn calories and reduce body fat.

Fitness professionals recommend at least 30 minutes of strength training two to three days a week.

Helpful Exercise Tips:

- Setgoals. Write down what you want to achieve in the short and long term.
- Make exercise a habit. Choose a time every day – even 30 minutes – and stick to it.
- Vary your workout. Mix up your activities to avoid burn out.
- Recruit a friend! Working out as a team keeps you both motivated.
- Keep a success journal. Write down your activity, weight and body fat percentage.

Through regular exercise you can lose weight by burning fat. With diet alone, you lose weight by losing beneficial muscle and bone tissue.

Monitor Your Body Fat

You've already learned how important proper body fat levels are for total health and fitness. Now you'll learn how to find your body fat baseline and get the maximum benefit from your Professional Body Fat Monitor and Scale.

Every body is different, and ever-changing. It's not uncommon for your weight to fluctuate by as much as three pounds throughout the day. While this is normal – usually associated with changes in hydration - it does change your body composition slightly. That's why it is important to establish your personal baseline before you set your fitness goals.

The first 7-10 days you use your Professional Body Fat Monitor and Scale, record your weight and body fat % in this chart. You will use these numbers to calculate your baseline.

	Day!	Day 2	Day 3	Day4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
Weight					- -					
Body Fat %										

Finding your baseline is easy!

Just total your weight and body fat %, then divide each total by the number of days.

Baseline Weight = Total Weight + Number of Days

Baseline Body Fat % = Total Body Fat % + Number of Days

Once you determine your baseline numbers, you're ready to use your Professional Body Fat Monitor and Scale to reach your fitness goals!

Why Measure Body Fat?

The key to long-term weight management and better health is building lean muscle and losing body fat. Being healthy doesn't mean getting "skinny." A thin person can have an unhealthy excess of body fat. A muscuslar person can technically be overweight, but healthy. Getting and staying lean means controlling your body fat percentage.

Health professionals outline healthy body fat levels as follows:

- Fit: No more than 23% body fat for men, 27% for women.
- Exceeds Ideal Range: 24% or more body fat for men, 28% or more for women
- Obese: Defined as an excess of 30% body fat for men or women.

Measuring estimated body fat and weight together gives you a more accurate picture of your total fitness. As part of a fitness plan, it helps you set more realistic goals, and better reflects a positive healthy change in your overall body composition. Unlike weight, body fat levels do not fluctuate in response to gains or losses of muscle or water content.

Body fat isn't always visible, and traditional scales can't measure it.

Is All Body Fat Bad?

Everyone has some body fat. In fact, "Essential" body fat helps keep you healthy. It cushions and insulates your joints, tissues and vital organs. It helps regulate body temperature. It stores important vitamins. It even helps the body sustain itself when food is scarce. If you had too little body fat, your body would start breaking down muscle tissue for energy.

Too much body fat, however, can lead to serious health problems, including heart disease, high blood pressure, type 2 diabetes, stroke, osteoarthritis, gallbladder disease, sleep apnea and other respiratory disorders, and certain types of cancer.

How Much Body Fat is Right for Me?

Here are some guidelines for determining a healthy body fat percentage. However, to determine the body fat range that's right for you, we recommend you consult your doctor.

Body Composition Analyzer Healthy Body Fat Guidelines

	Under 30 Years Old	Over 30 Years Old
Women	17% to 24%	**20%** to 27%
Men	14% to 20%	**17%** to 23%

Your Healthy LIfestyle

Health and fitness isn't just about counting calories or cutting fat. Getting in great shape and staying fit means eating right, exercising regularly, and monitoring your weight and body fat together.

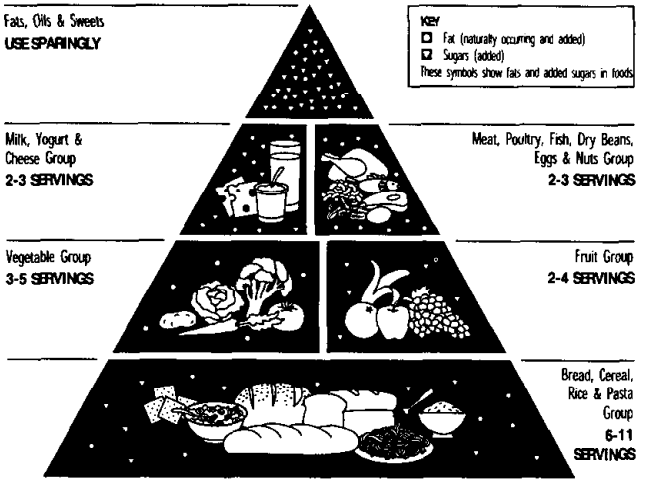
Eat Smart!

Never say "diet!" Did you know you can actually get "fatter" by losing weight too quickly on crash diets? Why? Because radically reducing your calorie intake makes you lose muscle not fat.

Instead think "smart choices." Set realistic goals and reduce the total number of calories you eat or drink, regardless of where they come from (protein, carbohydrates, etc). Remember, your body stores the calories you don't use throughout the day as fat.

Helpful Eating Tips:

- Make sure no more than 30% of your daily calories come from fat, with no more than 10% saturated fat.
- Never skip meals! Instead, eat sensible portions at every meal and use small, low calories snacks between meals to help control hunger.
- Learn to read food labels and follow recommended serving sizes.
- Balance your calorie intake with your activity level. Eat less on low activity days than you do on days where you enjoy rigorous exercise.
- Follow the USDA's Food Pyramid as your guide to a healthy, balanced eating plan.



Limited 5 Year Warranty

DO NOT RETURN THIS PRODUCT TO PLACE OF PURCHASE

Sunbeam Products, Inc. ("Sunbeam") warrants that for a period of five years from the date of purchase, this product will be free from defects in material and workmanship. Sunbeam, at its option, will repair or replace this product or any component of the product found to be defective during the warranty period. Replacement will be made with a new or remanufactured product or component. If the product is no longer available, replacement may be made with a similar product of equal or greater value. This is your exclusive warranty.

This warranty is valid for the original retail purchaser from the date of initial retail purchase and is not transferable. Keep the original sales receipt. Proof of purchase is required to obtain warranty performance. Sunbeam dealers, service centers, or retail stores selling Sunbeam products do not have the right to alter, modify or any way change the terms and conditions of this warranty.

The warranty does not cover normal wear-of parts or damage resulting from negligent misuse of the product or disassembly, repair or alteration by anyone other than Sunbeam. Further, the warranty does not cover Acts of God, such as fire, flood, hurricanes and tornadoes.

Sunbeam shall not be liable for any incidental or consequential damages caused by the breach of any express or implied warranty or condition. Except to the extent prohibited by applicable law, any implied warranty of merchant-ability or fitness for a particular purpose is limited in duration to the duration of the above warranty. Sunbeam disclaims all other warranties or conditions, express or implied statutory or otherwise. Some states, provinces or jurisdictions do not allow the exclusion or limitation of incidental or consequential damages or limitations on how long an implied warranty lasts, so the above limitation or exclusion may not apply to you. This warranty gives you specific legal rights, and you may also have other rights that vary by state, province or jurisdiction.

How to Obtain Warranty Service

Call l-666-672-5625 to obtain a Return Authorization for warranty service. Then, send the product with a copy of the original sales receipt included. Send either by UPS or Parcel Post with insurance prepaid to:
Sunbeam Products, Inc.

117 Central Industrial Row, Purvis, MS 39475

Attn: R/A#_____

Make certain that your scale is properly packed to avoid damage in transit to the factory. Please allow four weeks for service.

If your scale is not covered by warranty, or has been damaged, an estimate of repair costs or replacement costs will be provided to you for approval prior to servicing or replacement.

NOT LEGAL FOR TRADE

Made to our exact specifications in China

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